



NCC FOOD GROUP SERVING COUNT SYSTEM

Fruits (7 subgroups)

Citrus Juice
Fruit Juice excluding Citrus Juice
Citrus Fruit
Fruit excluding Citrus Fruit
Avocado and Similar
Fried Fruits
Fruit-based Savory Snack

Vegetables (10 subgroups)

Dark-green Vegetables
Deep-yellow Vegetables
Tomato
White Potatoes
Fried Potatoes
Other Starchy Vegetables
Legumes (cooked dried beans)
Other Vegetables
Fried Vegetables
Vegetable Juice

Grains (35 subgroups)

Grains, Flour and Dry Mixes - Whole Grain
Grains, Flour and Dry Mixes - Some Whole Grain
Grains, Flour and Dry Mixes - Refined Grain
Loaf-type Bread and Plain Rolls - Whole Grain
Loaf-type Bread and Plain Rolls - Some Whole Grain
Loaf-type Bread and Plain Rolls - Refined Grain
Other Breads (quick breads, corn muffins, tortillas) - Whole Grain
Other Breads (quick breads, corn muffins, tortillas) - Some Whole Grain
Other Breads (quick breads, corn muffins, tortillas) - Refined Grain
Crackers - Whole Grain
Crackers - Some Whole Grain
Crackers - Refined Grain
Pasta - Whole Grain
Pasta - Some Whole Grain
Pasta - Refined Grain
Ready-to-eat Cereal (not presweetened) - Whole Grain

Grains (Continued)

Ready-to-eat Cereal (not presweetened) - Some Whole Grain
Ready-to-eat Cereal (not presweetened) - Refined Grain
Ready-to-eat Cereal (presweetened) - Whole Grain
Ready-to-eat Cereal (presweetened) - Some Whole Grain
Ready-to-eat Cereal (presweetened) - Refined Grain
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Whole Grain
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Some Whole Grain
Cakes, Cookies, Pies, Pastries, Danish, Doughnuts and Cobblers - Refined Grain
Snack Bars - Whole Grain
Snack Bars - Some Whole Grain
Snack Bars - Refined Grain
Snack Chips - Whole Grain
Snack Chips - Some Whole Grain
Snack Chips - Refined Grain
Popcorn
Flavored Popcorn
Baby Food Grain Mixtures - Whole Grain
Baby Food Grain Mixtures - Some Whole Grain
Baby Food Grain Mixtures - Refined Grain

Dairy and Nondairy Alternatives (33 subgroups)

Milk - Whole
Milk - Reduced Fat
Milk - Low Fat and Fat Free
Milk - Nondairy
Ready-to-drink Flavored Milk - Whole
Ready-to-drink Flavored Milk - Reduced Fat
Ready-to-drink Flavored Milk - Low Fat and Fat Free
Sweetened Flavored Milk Beverage Powder with Non-fat Dry Milk
Artificially Sweetened Flavored Milk Beverage Powder with Non-fat Dry Milk
Unsweetened Flavored Milk Beverage Powder with Non-fat Dry Milk
Cheese - Full Fat
Cheese - Reduced Fat
Cheese - Low Fat and Fat Free
Cheese - Nondairy
Yogurt - Sweetened Whole Milk
Yogurt - Sweetened Low Fat
Yogurt - Sweetened Fat Free
Yogurt - Artificially Sweetened Whole Milk
Yogurt - Artificially Sweetened Low Fat
Yogurt - Artificially Sweetened Fat Free
Yogurt - Unsweetened Whole Milk
Yogurt - Unsweetened Low Fat
Yogurt - Unsweetened Fat Free
Yogurt - Nondairy
Frozen Dairy Dessert
Frozen Nondairy Dessert

Dairy and Nondairy Alternatives (Continued)

Pudding and Other Dairy Dessert

Artificially Sweetened Pudding and Other Dairy Dessert

Dairy-based Sweetened Meal Replacement/Supplement

Dairy-based Artificially Sweetened Meal Replacement/Supplement

Dairy-based Unsweetened Meal Replacement/Supplement

Infant Formula

Infant Formula - Nondairy

Meat, Fish, Poultry, Eggs, Nuts, Seeds and Meat Alternatives (28 subgroups)

Beef

Lean Beef

Veal

Lean Veal

Lamb

Lean Lamb

Fresh Pork

Lean Fresh Pork

Cured Pork

Lean Cured Pork

Game

Poultry

Lean Poultry

Fried Chicken - Commercial Entrée and Fast Food

Fish - Fresh and Smoked

Lean Fish - Fresh and Smoked

Fried Fish - Commercial Entrée and Fast Food

Shellfish

Fried Shellfish - Commercial Entrée and Fast Food

Cold Cuts and Sausage

Lean Cold Cuts and Sausage

Organ Meats

Baby Food Meat Mixtures

Eggs

Egg Substitute

Nuts and Seeds

Nut and Seed Butters

Meat Alternatives

Fats (14 subgroups)

Margarine - Regular

Margarine - Reduced Fat

Oil

Shortening

Butter and Other Animal Fats - Regular

Fats (Continued)

Butter and Other Animal Fats - Reduced Fat
Salad Dressing - Regular
Salad Dressing - Reduced Fat/Reduced Calorie/Fat Free
Vegetable-based Savory Snack
Meat-based Savory Snack
Cream
Cream - Reduced Fat
Cream - Low Fat and Fat Free
Cream - Nondairy

Sweets (8 subgroups)

Sugar
Syrup, Honey, Jam, Jelly, Preserves
Sauces, Sweet - Regular
Sauces, Sweet - Reduced Fat/Reduced Calorie/Fat Free
Chocolate Candy
Non-chocolate Candy
Frosting or Glaze
Sweetened Flavored Milk Beverage Powder without Non-fat Dry Milk

Beverages (26 subgroups)

Sweetened Soft Drinks
Artificially Sweetened Soft Drinks
Unsweetened Soft Drinks
Sweetened Fruit Drinks
Artificially Sweetened Fruit Drinks
Sweetened Tea
Artificially Sweetened Tea
Unsweetened Tea
Sweetened Coffee
Artificially Sweetened Coffee
Unsweetened Coffee
Sweetened Coffee Substitutes
Artificially Sweetened Coffee Substitutes
Unsweetened Coffee Substitutes
Sweetened Water
Artificially Sweetened Water
Unsweetened Water
Nondairy-based Sweetened Meal Replacement/Supplement
Nondairy-based Artificially Sweetened Meal Replacement/Supplement
Nondairy-based Unsweetened Meal Replacement/Supplement
Non-alcoholic Beer
Non-alcoholic Light Beer

Beverages (Continued)

Beer and Ales
Cordial and Liqueur
Distilled Liquor
Wine

Miscellaneous Foods (13 subgroups)

Gravy - Regular
Gravy - Reduced Fat/Fat Free
Sauces and Condiments - Regular
Sauces and Condiments - Reduced Fat
Pickled Foods
Miscellaneous Dessert
Non-grain Flour and Similar
Soup Broth
Baby Food Dessert
Miscellaneous Baby Food Mixtures
Artificially Sweetened Flavored Milk Beverage Powder without Non-fat Dry Milk
Unsweetened Flavored Milk Beverage Powder without Non-fat Dry Milk
Sugar Substitute